

premier chiropractic wellness llc

Premier Chiropractic & Wellness LLC: Your Path to Total Well-being

Are you experiencing persistent back pain, nagging headaches, or that general feeling of being "out of whack"? Do you crave a holistic approach to wellness that goes beyond just treating symptoms? Then you've come to the right place! This comprehensive guide dives deep into Premier Chiropractic & Wellness LLC, exploring their services, philosophy, and how they can help you achieve optimal health and vitality. We'll uncover what sets them apart and why they're a leading choice for those seeking natural and effective healthcare solutions. Get ready to discover how Premier Chiropractic & Wellness LLC can be your partner on the journey to a healthier, happier you.

Understanding Premier Chiropractic & Wellness LLC's Holistic Approach

Premier Chiropractic & Wellness LLC isn't your typical chiropractic office. They believe in a comprehensive, holistic approach to wellness, addressing the root cause of your health concerns rather than just masking symptoms. This means considering the interconnectedness of your body, mind, and spirit. They don't just treat your back pain; they explore potential contributing factors like posture, stress levels, diet, and lifestyle choices. This integrated approach allows for a more personalized and effective treatment plan tailored to your unique needs.

A Wide Range of Services Offered at Premier Chiropractic & Wellness LLC

Premier Chiropractic & Wellness LLC offers a diverse range of services designed to address a broad spectrum of health concerns. Their offerings often include, but are not limited to:

Chiropractic Adjustments: These highly skilled manipulations restore proper spinal alignment, relieving pain, improving mobility, and boosting overall function. They utilize various techniques to ensure a comfortable and effective adjustment tailored to each patient.

Massage Therapy: Therapeutic massage helps relieve muscle tension, reduce stress, improve circulation, and promote relaxation. Different massage modalities are often available, catering to specific needs and preferences.

Physical Therapy: Designed to improve strength, flexibility, and range of motion, physical therapy plays a

crucial role in rehabilitation and injury prevention. Personalized exercises and techniques are implemented to help you regain full function and prevent future problems.

Nutritional Counseling: Understanding the vital role of nutrition in overall health, Premier Chiropractic & Wellness LLC may offer guidance on optimizing your diet to support your wellness goals. This could include personalized meal plans, supplement recommendations, and education on healthy eating habits.

Acupuncture: This ancient Chinese medicine technique involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. It can be effective for pain management, stress reduction, and overall well-being. (Please note: The availability of specific services may vary, so it's always best to contact Premier Chiropractic & Wellness LLC directly to confirm.)

The Premier Chiropractic & Wellness LLC Team: Expertise and Compassion Combined

The success of any healthcare provider hinges on the expertise and compassion of its team. Premier Chiropractic & Wellness LLC boasts a dedicated team of highly trained and experienced professionals who are passionate about helping their patients achieve optimal health. Their commitment to ongoing education and the use of advanced techniques ensures they are at the forefront of holistic healthcare. This dedication to patient care extends beyond the clinical setting, fostering a welcoming and supportive environment where patients feel comfortable and understood.

Why Choose Premier Chiropractic & Wellness LLC? Setting Them Apart

What truly sets Premier Chiropractic & Wellness LLC apart is their commitment to personalized care. They don't treat you as just another number; they take the time to understand your individual needs, goals, and concerns. This individualized approach ensures you receive a tailored treatment plan that is both effective and sustainable. Furthermore, their emphasis on preventative care empowers you to take proactive steps towards maintaining your long-term health and well-being. They don't just fix problems; they help you avoid them in the first place.

The Premier Chiropractic & Wellness LLC Patient Experience: From Consultation to Recovery

The patient experience at Premier Chiropractic & Wellness LLC is designed to be seamless and supportive. Starting with a thorough consultation, they take the time to listen to your concerns, conduct a comprehensive examination, and develop a personalized treatment plan that aligns with your health goals. Throughout your journey, you'll receive ongoing support and guidance from the team, ensuring you feel empowered and confident in your recovery process. Their commitment to clear communication and patient education ensures you're fully informed every step of the way.

Premier Chiropractic & Wellness LLC: Your Partner in Achieving Total Well-being

In conclusion, Premier Chiropractic & Wellness LLC offers a comprehensive and personalized approach to healthcare, focusing on the interconnectedness of your body, mind, and spirit. Their wide range of services, expert team, and commitment to patient care make them an exceptional choice for individuals seeking a natural and effective path to optimal health and well-being. If you're ready to take control of your health and embark on a journey towards a happier, healthier life, contact Premier Chiropractic & Wellness LLC today. They are your partners in achieving total well-being.

Frequently Asked Questions (FAQs)

1. Do I need a referral to see a chiropractor at Premier Chiropractic & Wellness LLC?

No, you generally do not need a referral to see a chiropractor at Premier Chiropractic & Wellness LLC. However, it's always a good idea to check with your insurance provider to understand your coverage and any required procedures.

1. What forms of payment are accepted at Premier Chiropractic & Wellness LLC?

Premier Chiropractic & Wellness LLC likely accepts various forms of payment, including cash, credit cards, and potentially health insurance. It's recommended to contact them directly to confirm their accepted payment methods.

1. What should I expect during my first appointment at Premier Chiropractic & Wellness LLC?

Your first appointment will typically involve a detailed consultation, a physical examination, and a discussion of your health history and concerns. The chiropractor will assess your condition and develop a personalized treatment plan.

1. How long does a typical treatment session last at Premier Chiropractic & Wellness LLC?

The length of a treatment session can vary depending on the services received. It's best to contact Premier Chiropractic & Wellness LLC directly to inquire about the typical duration of their sessions.

1. What are the potential benefits of chiropractic care at Premier Chiropractic & Wellness LLC?

Potential benefits can include pain relief, improved mobility, increased flexibility, reduced stress, and enhanced overall well-being. The specific benefits will vary depending on your individual needs and condition. Remember to consult with a healthcare professional for personalized advice.

premier chiropractic wellness llc: Muscle Medicine Rob DeStefano, Joseph Hooper, 2009-09-15 A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. Muscle Medicine provides a way to prevent such injuries from happening and to treat them when they do without drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as "Tennis Elbow" and "Cell Phone Neck," and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, Muscle Medicine will help readers enjoy pain-free, active lives no matter what their age or activity level.

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premier chiropractic wellness llc: Hanging Out for the Health of It Carlos M. Gonzalez, 2008-03 Finally, a safe, fast and effective way to treat back and neck pain. Research on over 3000 patients during seventeen years inspired the writing of Hanging Out For The Health Of It. Some of these patients suffered with disc herniations, failed back surgeries, scoliosis, mid-back pain, radiculitis, facet syndrome, muscle spasms, chest pain, headaches, vertigo, sciatica and other serious health problems. Say goodbye to: Long commutes to the doctor's office, frustrating waiting room hours and expensive co-pays and deductibles, costly diagnostic studies and dangerous prescription drugs.

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marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

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premier chiropractic wellness llc: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

premier chiropractic wellness llc: The 12 Stages of Healing Donald M. Epstein, Nathaniel Altman, 2023-02-01 The 12 Stages of Healing is an extraordinary new approach to healing the mind and body. Dr. Epstein, founder and creator of Network Spinal, offers fascinating insights into the complex relationship between mind, emotions, and body, and shows us how to promote greater health in our bodies and harmony in our relationships. Have you, or someone you love, experienced . . . · A recurring sickness, healing crisis, or life-threatening illness? · A feeling of emptiness and longing for no apparent reason? · A major trauma, emotional hardship, or life-changing event? · A feeling of being stuck in a pattern of self-destructive behavior? After observing thousands of people in both private practice and public seminars, Dr. Epstein discovered 12 basic rhythms, or stages of consciousness, shared by all humanity. Each stage of healing has a distinct “rite of passage” that helps us to reunite with aspects of ourselves that are traumatized, alienated, forgotten, abused, shamed, or unforgiven. Each stage also has a characteristic pattern of breath, movement, and touch that can help us to reconnect with the natural, internal rhythms of our body, and experience a greater sense of joy and well-being. “Donald Epstein is an extraordinary healer. In my 25 years of traveling the globe, I’ve never seen anyone who is able to produce the impact he does in such a short period of time. He opens our hearts to new possibilities for individuals and humanity.” — Tony Robbins, Peak Performance Coach and best-selling author of Unlimited Power

premier chiropractic wellness llc: God's Way to Ultimate Health George H. Malkmus, Michael Dye, 1995 Malkmus and Dye base natural healing on the premise that a diet rich in raw fruits and vegetables, and the elimination of processed dead foods, will result in the ultimate health.

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includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

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premier chiropractic wellness llc: Whole Dog Journal Handbook of Dog and Puppy Care and Training Nancy Kerns, 2007-12-01 The Whole Dog Journal Handbook of Dog and Puppy Care and Training features advice on behavior and positive training techniques, guidance about natural care and nutrition, and information about holistic care such as chiropractic, herbal remedies, massage, acupuncture, and homeopathy. It covers all aspects of canine health, including cancer treatments, and most important of all, it focuses on how to have fun with a dog. This book equips readers with the tools to understand dogs, to encourage their physical and emotional wellness, and to elicit their full potential and vitality—and to do it naturally.

premier chiropractic wellness llc: *Quantum Paleo* D. C. Willen, 2012 Quantum Paleo: Your personal leap! Quantum Paleo is not... a diet book, although if you follow the 21-day plan you will lose 6-18 pounds in the first three weeks. Quantum Paleo is not... long or complicated. This is concise by design. Most diet books are not read cover to cover. Readers typically search for what they need to know. I cut the fat. Simple works. Period. Quantum Paleo is not... a nutritional science research paper. Quantum Paleo is a result-oriented personal journey to make lasting changes in your health, mindset and waistline. Quantum Paleo is... about having a major breakthrough in the way you eat, live and take care of your body. Quantum Paleo is ... about putting the pieces in place to achieve your health and fitness dreams no matter how many times you failed at reclaiming your health and ideal body weight in the past. Quantum Paleo is... a proven path used by Dr. Doug in his NYC practice for the past 14 years. Men, women, elite athletes and dancers in Broadway shows, as well as people that have never had success with their health and bodies in their entire lives will surpass their expectations with Quantum Paleo! Quantum Paleo is... mostly about you! It challenges you to discover what you are fighting for and use that discovery to achieve your dreams! I decided to write a book that would cover the information gleaned from 100's of consultations with my patients. This is a 'what you need to know book'. The moment you take action on this information your life will start changing fast. It takes an open mind and a quantum leap to get the most out of this material. Are you ready to 'Take the leap to your best body ever?' Dr. Doug

premier chiropractic wellness llc: Realize Your Potential Kathleen Roche, 2016-08-18 What if I asked you to think about what is on a penny; would you be able to name the three sayings and the direction the President is facing? Why? You see it so often, if not every day? Its such a common item. You probably dont pay much attention to it. You might look at it, but dont really see it. You probably dont attend to the details of it. You just go about your business, putting the coin in your pocket, saving it, using it, stepping on it, but its just a fleeing object in your day-to-day existence. What if this is the same with your success? Do you find yourself wanting to achieve success but have started and stopped? Have you wanted to complete a goal but it seemed too large or too much effort? Do you start a project and then get distracted? Are you always putting off your success because of others or time constraints? Do you think you know the secrets like you thought you knew the penny? Inside this book are easy, everyday, simple - to - implement secrets along with action steps. You will discover how to overcome any and all obstacles which are presently in your way, including yourself. You will see your time and your daily life in a new way. A new motivation will emerge in which you understand that you can achieve success and realize your potential.

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Branfonbrener, Richard Lederman, 2010-12-10

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chiropractic)

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premier chiropractic wellness llc: Balance Is Bullshit Alicia McKenzie, 2022-05-24 Balance is Bullshit combines the advice of an expert, the exercises of a workbook, and the writing prompts of a journal into a program that will help you combine four major aspects of life: physical health, mental health, financial health, and social responsibility. Although we strive to balance these four parts of our lives, the stresses of everyday life interfere and keep us in a constant state of inadequacy because we can't seem to be great at everything at the same time. Alicia McKenzie--athlete, personal trainer, businessperson, wife, and mother of five--knows all too well how hard it can be to keep moving forward, so she developed this four-pronged approach that will help you schedule your time more efficiently while still getting moving toward your goals. She reveals how moving your body, developing your mind, managing your money, and giving back to the community are vital to your everyday wellness and overall happiness. The book starts with advice on creating routines to start and finish your day and using time blocking as a way to efficiently schedule your precious time. The following chapters detail each pillar of the program starting with physical wellness. Readers can use the prompts to begin writing on the journaling pages at the back of the book and a weekly schedule lets them note when they accomplish the assigned goals. Each section assigns exercises and assignments to complete that can be as small as making your bed every day to running one mile every day for a month. With its holistic approach to wellness, Balance is Bullshit is for anyone looking to eliminate the chaos in their lives and achieve more balance, productivity, and joy.

premier chiropractic wellness llc: *Take Control of Your Cancer Risk* John Whyte, MD, MPH, 2021-10-05 Something everyone has the power to do is reduce your cancer risk, and this book will show you just how easy it is to do it. Each year, over a million people in the United States alone hear the words no one ever wants to hear: You have cancer. But what if there was a way for fewer people to hear these words? One of the biggest myths regarding cancer is that it's mostly genetic - meaning that you have no control over whether you get it. While genetics do have an impact, the truth is that your lifestyle and environment play the major role. Physician and Chief Medical Officer of WebMD John Whyte, MD, MPH, shares straightforward information and equips you with strategies to help you on a journey to better health. In Take Control of Your Cancer Risk, Dr. Whyte provides helpful tips including: assessing your cancer risk knowing which screenings you need, and when learning the role food, exercise, and sleep play understanding the relationship between stress and cancer Take Control of Your Cancer Risk is filled with practical advice that empowers you to really take control of our health.

premier chiropractic wellness llc: *The Art and Science of Face Reading* Jennifer Lamonica, 2019-08-13 A complete, illustrated guide to the ancient tradition of reading the face to gain insight into health, personality, relationships, and career • Details how to read the profile, front face, features, and musculature of the face to reveal temperament, personality traits, health predispositions, and mental state • Explores the history and development of face morphology from its origins in Israel and Egypt more than 4,500 years ago to its modern use in French medical schools • Examines the Foursquare diagram, developed by French occultist Papus, for highly accurate and detailed facial readings The face is a unique reflection of our genetic, inherited inclinations as well as the effects that life, nature, and relationships have had upon us. By looking at a person's face, you can gain valuable insight into their personality, health, and how they navigate in the world. In this illustrated guide, Jennifer Lamonica reveals the sacred tradition of face morphology, an esoteric system that has been passed quietly from rabbi to student as an unbroken oral tradition for more than 4,500 years. She explores the history and development of this ancient art from its origins in Israel and Egypt to its use as the major diagnostic system in Europe until the Enlightenment and its current applications in French medical schools. Sharing the techniques of master face readers, the author details how to read the angles of the profile, as well as palm color and nose shape, to determine a person's temperament, providing health and career insight into each of the four temperaments, including nutritional needs, digestive issues, sleep patterns, health

predispositions, and ideal occupational paths. Exploring the Foursquare diagram, developed by French occultist Papus, for highly accurate and detailed facial readings, she explains how to read the front face in combination with planetary shapes, which reveal a person's character; the major facial features, such as eyebrows, which reveal personal inclinations; and the musculature of the face, including expressions, which reveals a person's current mental state. Providing case studies, she examines how to apply face morphology in relationships and in parenting. Exploring the meaning of each facial variation, while also honoring the intuitive impression received at first glance, Lamonica reveals how the ancient science of face reading allows you to compassionately help your loved ones, students, or clients, as well as overcome personal obstacles and better know yourself.

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premier chiropractic wellness llc: The Body Code Dr. Bradley Nelson, 2023-02-21 A powerful new approach to natural, intuitive whole-body healing. The Body Code is a truly revolutionary method of holistic healing. Dr. Bradley Nelson, a globally renowned expert in bioenergetic medicine, has spent decades teaching his powerful self-healing method and training practitioners around the globe, but this is the first time his system of healing will be available to the general public in the form of The Body Code. The Body Code is based on the simple premise that the body is self-healing and knows what it needs in order to thrive and flourish. The Body Code method allows readers to tap into this inner knowing, and find imbalances in 6 key areas—Energies, Circuits and Systems, Toxicity, Nutrition and Lifestyle, Misalignments, and Pathogens—that are the root causes of our physical, mental and emotional issues. By identifying and releasing these imbalances, readers become empowered to activate their body's innate healing power. Featuring a foreword from George Noory, host of Coast to Coast AM, and filled with powerful first-hand accounts of healing, hundreds of color illustrations, and concrete, actionable steps, The Body Code is a road map to healing based in deep study of the human body, time-proven ancient practices, and the unlimited power of the subconscious mind.

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instant weight loss made you feel lighter, freer, cleaner, and more energized? What if that single day began a healing, cleansing, revitalizing process, raising your awareness of the poisons that pollute our environment and purging your body of the toxins that set you up for weight gain, fatigue, and a host of deadly, debilitating diseases? What if that one day of weight loss could help jump-start a long-term weight-loss plan? Well, that single day is here. With Ann Louise Gittleman's *The Fast Track One-Day Detox Diet* you can: -Cleanse your system back to health -Get rid of unhealthy, fattening toxins -Safely lose up to 8 pounds overnight and keep them off for good. *The Fast Track One-Day Detox Diet* is a whole new way to think about weight loss. This is the first crash diet that not only works in the long run, but is also good for you. GET ON THE FAST TRACK. IT'S SAFE. IT FEELS TERRIFIC. AND IT WORKS.

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premier chiropractic wellness llc: Fitness Is Forever Colleen Fisher, 2012-09-20 Fitness is Forever is a uniquely designed book: part memoir, part fitness as a lifestyle guide and part workbook. Besides inspiring its readers, it guides all kinds of people to find healthy balance through exercise, smart nourishment and self-care. Need inspiration? Look no further. This is a no-nonsense book helping you build strength, stay committed to your goals, and live a healthy lifestyle because Fitness is Forever.

premier chiropractic wellness llc: Prolo Your Pain Away! Ross A. Hauser, Marion A. Hauser, Kurt Pottinger, 1998 Prolotherapy is a simple, natural and safe technique that stimulates the body's healing mechanisms into growing new ligament and tendon tissue. It provides a permanent cure for many chronic, painful conditions without the complications of surgery or drugs. Prolotherapy can help or cure the following conditions: low back pain, headaches, migraines, arthritis, fibromyalgia, herniated discs, sciatica, reflex sympathetic dystrophy, sports injuries, post-surgery pain, heel spurs, tennis elbow, and a host of other chronically painful conditions.

premier chiropractic wellness llc: The True Power of Chiropractic Jason W. Ingham, 2019-08-27 With over one hundred Americans dying everyday to opioid overdose, doctors must look toward permanent solutions before the epidemic continues to spiral out of control. This is where chiropractic comes into play. Instead of throwing medicine at symptoms and chronic pain and hoping they go away, chiropractic is a nonsurgical solution that can alleviate pain and save you money down the road. From watching his mother see dramatic results with her polio through chiropractic treatment, to being treated himself as a child, Dr. Jason W. Ingham knows the benefits of chiropractic all too well. He wrote this book as a guide for a pain-free life--one where you don't have to use medicine as a crutch. In *The True Power of Chiropractic: Unlock Your Body's Natural Ability to Adapt, Renew, and Restore*, Dr. Ingham will share his knowledge with you so you can take your first steps to improving your life through chiropractic.

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Hammerschlag, 2011-06-28 Acupuncture is rapidly moving out of the arena of alternative medicine, in large part because it is grounded more firmly than other alternative treatments in research. This book provides readers with the up-to-date information on the clinical bases of acupuncture.

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